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Monday, June 20, 2016 metro.us | t: MetroNewYork | f: MetroNewYork

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Malusi: Knicks don't need a falling superstar. 27

Tuesday, June 21, 2016



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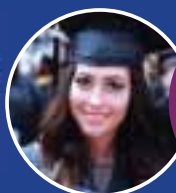
U.S. Olympic athletes, like New York's Tina Charles, are intent on winning gold medals, unfazed by the Zika virus or any other crisis in Rio. 4



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## 3 THINGS YOU NEED TO KNOW

### US TO RELEASE PARTIAL TRANSCRIPTS OF ORLANDO KILLER'S CALLS TO POLICE

**I** Federal officials will on Monday release partial transcripts of three phone conversations the man who killed 49 people in a Florida gay nightclub last week had with police as the massacre unfolded, Attorney General Loretta Lynch said on Sunday. Lynch, speaking on CNN's "State of the Union" talk show, said the Orlando shooting incident was "an act of terror and an act of hate," but she declined to say what charges may be filed nor who may be charged in the case. The transcripts of the conversations between deceased gunman Omar Mateen and law enforcement negotiators will "talk about what he told law enforcement on the ground as the events were unfolding," Lynch said. **REUTERS**



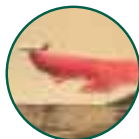
### SUPREME COURT MAY TAKE ACTION ON STATE ASSAULT WEAPON BANS

**2** The Supreme Court may weigh in this week on gun control, an issue smoldering again following the June 12 Orlando massacre, with the justices due to decide whether to hear a challenge by gun rights advocates to assault weapon bans in two states. The Connecticut and New York laws prohibit semiautomatic weapons like the one used by the gunman who fatally shot 49 people at a gay nightclub in Orlando in the deadliest mass shooting in modern U.S. history. The Supreme Court will announce as soon as Monday whether it will hear the challenge brought by gun rights groups and individual firearms owners asserting that the laws violate the Constitution's Second Amendment guarantee of the right to bear arms. **REUTERS**

### RECORD HEAT SPARKS WARNINGS, BOOSTS FIRES IN WESTERN US

**3** Fire warnings were in place across three western states on Sunday as record-breaking heat threatened to feed wildfires that have blackened thousands of acres, especially in California and New Mexico.

The National Weather Service said temperatures of 120 degrees were possible in southwestern deserts through Wednesday. "Red flag warnings" for potential fires covered an area stretching across southern California, southern Nevada and southern Arizona. "These extreme temperatures can be life-threatening," the weather service said on its website. The high temperatures have joined with a prolonged dry spell to worsen the fire threat. **REUTERS**



Who doesn't crave a day at the beach? This week's weather should be perfect for it. **GETTY IMAGES**

## BOLARIS' WEATHER WATCH: BORED WEATHERMAN = HAPPY PEOPLE

Hey, it's always nice to have a great stretch of weather, especially in the Northeast, because the winter has a tendency to add stress to our already stressed-out lives.

Who doesn't crave a great day at the beach, a beautiful hike in the mountains, fishing in your local lake or in the vast open waters of the Atlantic, a barbecue or a cold brew on a hot day without the weather screwing it up?

It's much easier to stroll around without the cumbersome umbrella or getting splashed by a passing car or bus. I still want to chase the bus or car and say, "What the hell?"

Nothing is worse than getting all the kids

together, loading up the beach gear — chairs, blankets, towels, food and grandma — unload everything and then 10 minutes later a line of storms sends everyone scrambling for cover and cursing out the weatherman. Ah yes, the joys of summer.

Right now, I'm bored, weatherwise, and that should make you happy, because I don't see any extremes in weather this week. The tropics are a bit active, with possible storm development in the Yucatan Peninsula and into the southwest Gulf of Mexico, but it would most likely move into Mexico.

The Northeast will be warm for the early part

#### Bolaris' Weather Watch



**JOHN BOLARIS**  
@weathersavior

of this week, followed by a cooler and dry air mass for the second half of this week. Temperatures could kiss the 90-degree mark for Philadelphia and New York City on Monday and Tuesday. Boston will remain below the 90 degree mark.

The best chance of showers and scattered storms this week for all three of the Metro cities will be late Monday night or Tuesday morning. If you planned your vacation for this week, you picked a good one.

#### New York

**Today:** Ton of sun. High 84.

**Tuesday:** Morning storm, then sun, hot. High 90.

**Wednesday:** Sun, warm. High 85.

**Thursday:** Sun and clouds, cooler. High 78.

**Friday:** Sun. High 82.

**Weekend:** Sweet!

**Saturday:** Sun. High 84.

**Sunday:** Sun and clouds. High 85

By the way, I hope all the dads had a super Father's Day.

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Glenn Ochal, of Philadelphia, far left, took bronze in 2012 London Olympics in the men's four rowing competition. GETTY IMAGES

# Olympians unfazed by reports of turmoil in Brazil ahead of Summer Games

NYC, Boston, Philly athletes looking forward to competing for gold, not the risks.

ERIC GIRARD  
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Selected in 2009 as the first South American country to host the Olympics, Brazil faces huge hurdles on the eve of the Rio Games this summer.

There's the mosquito-borne Zika virus epidemic, prompting some health officials to call for postponing or relocating the games, lest it infect athletes who could spread it around the world. The virus has been linked to a fatal brain defect in babies born to infected mothers.

Then there's the political crisis, the economic crisis and the environmental crisis. Crime is soaring, and, this past Friday, the governor of Rio declared a "state of calamity," saying the state's government is bankrupt and can't meet its financial obligations for the games.

Well, you get the picture. All isn't well with less than two months to go until 10,500 athletes from 200 countries and a half-million spectators descend on Rio and the Olympic cauldron is lit Aug. 5.

One of those athletes



Tina Charles

is Philadelphia native Glenn Ochal, 30, who's on the eight-man rowing team. He won a bronze medal in London in 2012 and sees an opportunity for gold this year. Having rowed all over

the world, he is not intimidated by the reports of garbage and sewage in the bay where sailing and windsurfing competitions will be held.

"A few American rowers became ill, but none ill enough not to compete," he said of an incident last year when 15 Americans got sick after a rowing championship on a Rio lagoon. "You watch what you eat and drink, keep yourself clean."

The Zika virus also doesn't overly concern him.

"We have a medical staff," he said. "We've been taking standard travel shots. My wife and

I aren't planning on having kids soon, so I'm OK with Zika. We'll be smart. We're in the Olympic Village."

U.S. women's indoor volleyball team member Megan Hodge Easy, 27, of Boston, has a silver medal from London and is confident going into Rio. However, the Zika epidemic has Easy and her husband, Omar, wondering whether to bring their 19-month-old son to Brazil.

Otherwise, she is undaunted by the turmoil there.

"As an athlete traveling the world, you learn to adjust and adapt," she said. "We're not planning on getting pregnant anytime soon, so hopefully Zika won't be an issue. We're an indoor sport."

The Brazilian women won volleyball gold in 2008

and 2012, raising the stakes for Easy and her teammates. "We're there to get a job done," she said.

Tina Charles, 27, of Queens, who played on the 2012 gold medal women's basketball team, is more concerned with winning games with the WNBA's New York Liberty than Zika.

"I haven't given it any thought," Charles said. "I'm sure USA Basketball will take the best precautions."

Another American athlete, cyclist Tejay van Garderen, who has a baby on the way this fall, has decided not to compete because of Zika. But it can't stop some in their quest for Olympic glory.

"It's something as a child you've always dreamed of," Charles said.



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# NY leaders call on Congress to pass gun safety reforms to 'save lives'

Some of the changes include prohibiting people on the terrorist watch list and those convicted of hate crimes from buying a firearm.



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In the wake of the deadliest mass shooting in American history, local officials and organizations are asking Congress to help make sure no more lives are lost.

Rep. Carolyn Maloney was joined by fellow elected officials, members of the LGBT community and gun safety advocates on Friday to demand Congress pass much-needed gun safety reforms.

The call on Congress was also joined by speakers remembering the 49 people killed and the 53 injured last weekend when a crazed gunman — armed with a semi-automatic assault weapon and handgun — entered the Pulse gay nightclub and began shooting.

"This country needs to wake up and pass meaningful gun safety reforms like renewing the assault weapons ban and keep-



GETTY IMAGES/DANIEL HERNANDEZ

ing guns out of the hands of people on the terrorist watch list or those convicted of hate crimes," Maloney said. "The fact that Republicans in Congress have blocked us from even having a vote on these bills is a disgrace. These reforms won't infringe upon the Second Amendment — hunters don't need assault rifles — but they will save lives."

One of the changes that the groups asked Congress to make is the renewal of the assault weapons ban, which expired in 2004. The ban

prohibited the use of semiautomatic assault weapons.

The new bill would ban the sale or possession of semiautomatic assault weapons and large capacity magazines — similar to those used during both the Orlando and Newtown mass shootings.

A second reform is the Hate Crimes Prevention Act that would ensure any individual convicted of a misdemeanor assault against someone based on their race, gender, sexual orientation, religion or disability cannot purchase a weapon.

Under current law, such individuals can still purchase weapons although those convicted of misdemeanor domestic violence cannot.

"We need gun control laws that will keep guns out of the hands of those who wish to do harm to all communities especially because of who you are or who you love," said Bryan J. Ellicott, secretary of the Stonewall Democrats of New York City. "We need to join together as a community of human beings and stop pointing fingers and come up with the solution so this stops

happening."

According to the New York Daily News, the Human Rights Campaign — the country's largest gay rights group — announced that it would be joining the call for gun control reforms following the Orlando shooting.

Others reforms called for on Friday include having Congress lift the current ban on public health research, which since the 1990s has prohibited federal research on gun violence.

Under the reform, \$10 million would be dedicated yearly for the

Centers for Disease Control and Prevention to research gun violence and better understand the epidemic, which, according to Maloney, claims 32,000 deaths per year and injures an additional 76,000 people.

The final bill, titled the Public Safety and Second Amendment Rights Protection Act, is a proposal aimed to close any gaps or loopholes in the current bill which calls for background checks for most handgun purchases.

The change will require universal background checks for all gun sales and would also help create the National Commission on Mass Violence, which will look at mass shootings to figure out that causes behind each and also additional risk factors.

"We need to keep up the pressure on the state but also go back to Congress and demand that our feckless leaders do what we've done in New York," said Executive Director of New Yorkers Against Gun Violence Leah Gunn Barrett. "Mass shootings grab our attention as they should. But we must not forget that today another 92 Americans will die from guns and tomorrow will be the same unless we do something."

## Bronx Zoo welcomes adorable crane chick

There's a new chick on the block looking to win hearts.

The Bronx Zoo announced Friday the hatching of a white-napped crane chick this spring on the Northern Ponds adjacent to the zoo's Himalayan Highlands exhibit.

The chick can be seen with its parents in the exhibit.

White-napped cranes are a migratory species which is native to China,

Russia, Japan, North and South Korea, and Mongolia. The International Union for Conservation of Nature classified the species as "vulnerable" — because of loss of wetland habitats to agriculture — with there being an estimated wild population between 5,500 and 6,500.

The cranes are bred by the Wildlife Conservation Society (WCS) through its Species Survival Plan, a coopera-

tive breeding created to enhance genetic sustainability in zoos and aquariums.

WCS's Mongolia Program has identified the cranes as a "conservation priority," and has conducted censuses in high elevation wetlands of Mongolia and nearby countries. WCS has worked with conservation partners and governments to help conserve this species.

ANGY ALTAMIRANO



JULIE LARSEN MAHER © WCS



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# Body of teen who jumped in Harlem River possibly found: NYPD

The New York Police Department Harbor Unit found a body floating near a dock near Gracie Mansion Saturday afternoon.

Police think the body is a 15-year-old who had jumped off a footbridge between Manhattan and Randalls and Wards Islands on Tuesday

around 11 p.m., sources told the Daily News.

The boy had apparently told a friend moments before that "no one loved him," and then jumped off the Wards Island Bridge, which connects to Manhattan near East 102nd Street.

ALEXIS SACHDEV



Randalls and Wards Islands on the East River in New York City WIKIPEDIA



The two suspects, seen here outside of 860 Targee Street in Staten Island. NYPD

## Man slashed on face after intervening to stop dog beating

The NYPD said these two men were seen punching, kicking and hitting a dog with a belt in Staten Island last month.

out a knife and allegedly slashed the good Samaritan above the eye, then ran away toward Park Hill.

That man was described as wearing a white tank top, black jeans and wearing a black and gold hat. The second suspect was described as a Hispanic man with a long black ponytail, white T-shirt and holding a white dog on a leash.

Anyone with information in regards to this incident is asked to call the NYPD's Crime Stoppers Hotline at 1-800-577-TIPS (8477) or for Spanish, 1-888-57-PISTA (74782).

The public can also submit their tips by logging onto the Crime Stoppers website or by texting their tips to 274637 (CRIMES), then entering TIP577.

CHRIS CAESAR  
@MetroNewYork  
letters@metro.us

Do you recognize these men?

These two were seen punching, kicking and striking a dog "several times with a belt" just after 6:30 p.m. on May 24 in front of 860 Targee Street in Staten Island, police said.

A scuffle ensued when another man intervened on behalf of the dog, authorities said.

As the men fought, the first suspect pulled

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# Tension at funerals for Orlando victims with protest

Funerals for two of the 49 victims killed in the shooting at a nightclub in Florida were marked by tense scenes on Saturday, as an impatient driver was accused of injuring two law enforcement officers and one burial took place under the watch of anti-gay protesters.

Two Osceola County Sheriff's deputies on motorcycles were injured at the funeral procession for Jean Carlos Mendez Perez in Kissimmee, Florida, some 20 miles south of Orlando, when a driver cut through the cortege and struck them with her car, according to a statement on the sheriff's Facebook page.

The deputies were taken to the hospital, where both were in stable condition, said the sheriff's spokeswoman, Twis Lizasuain.

At the funeral of another victim, Christopher Leinonen, at a church close to the center of Orlando, a handful of protesters from the Kansas-based anti-gay Westboro Baptist Church stood silently for about 45 minutes. They were blocked from view of those attending the funeral by about 200 counter-protesters, who cheered when the Westboro members left.

Members of the Orlando Shakespeare Theater used large "angel wings," measuring 8 feet wide and reaching 3 feet over shoulder height, to block out the protesters. The wings, made of white cloth and plastic piping by volunteers from the theater's costume and set shops, first surfaced at the 1998 funeral of Matthew Shepard, a gay man murdered in Wyoming.

Authorities are still

investigating what motivated Omar Mateen to kill 49 people at the popular gay nightclub Pulse in the early hours of last Sunday, perpetrating the deadliest mass shooting in modern U.S. history. Mateen was later killed in a shoot-out with police.

The shooting has sparked a new push for gun control legislation and Congress is expected to vote on proposals starting next week, including one on stopping people on terrorism watch lists from buying guns.

Democrats, including President Barack Obama, are framing gun restrictions as a national security issue after Mateen professed loyalty to Islamist militants. But authorities believe he was "self-radicalized" and acted without any direction from outside networks.

FBI agents on Friday questioned a member of the Florida mosque attended by Mateen, as new information surfaced revealing the killer had exhibited chronic behavioral problems during his youth.

Academic records obtained by Reuters showing Mateen was frequently suspended as a student added to a disturbing portrait of the long-troubled gunman.

Mateen, a 29-year-old private security guard, has been described by his first wife as an abusive, mentally disturbed man with a violent temper.

Others who knew him recalled Mateen, a U.S. citizen and Florida resident born in New York to Afghan immigrants, as a quiet, socially awkward individual who kept largely to himself.

REUTERS



A hearse enters Greenwood Cemetery in Orlando, Florida. GETTY IMAGES

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# Report: Actor Anton Yelchin of 'Star Trek' killed

Anton Yelchin, a Russian-born actor best known for playing the character Chekov in two "Star Trek" movies, was killed early on Sunday in a car accident, Variety reported, citing his representative. He was 27.

"Actor Anton Yelchin was killed in a fatal traffic collision early this morning," said a statement from his representative, according to Variety. "His family requests you respect their privacy at this time."

Reuters could not immediately reach Yelchin's publicist for comment.

Yelchin was born



Anton Yelchin GETTY IMAGES

in Russia, the son of two figure skaters, and emigrated to the United States as an infant.

He has appeared in numerous films and was in the TV series "Huff." REUTERS

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## Family of boy killed by gator 'overwhelmed' by support

The parents of a 2-year-old boy snatched away and drowned by an alligator in Florida have been "overwhelmed with the support and love" that have poured in since the tragedy captured national attention, the family said in a statement on Saturday.

The alligator grabbed the boy at the water's edge on Tuesday night while his family, on vacation from Nebraska, relaxed on the shore nearby. The parents tried to save the child but were unable to free him from the alligator's grip.

"Melissa and I continue to deal with the loss of our beloved boy, Lane, and are overwhelmed with the support and love we have received from family and friends in our community as well as from around the country," father Matt Graves said in the statement issued by their church in Elkhorn, Nebraska.

"We understand the public's interest, but as we move forward this weekend, we ask for and appreciate the privacy we need to lay our son to rest. Neither Melissa, myself or anyone from our family will be speaking publicly; we simply cannot at this time," the statement said.

The Graveses had previously released a statement expressing their devastation and asking for privacy while praising the work of officials who searched for the boy.

Police divers recovered the body of Lane Graves on Wednesday from the man-made lake at Walt Disney World Resort in Orlando, Florida, where he had been snatched the night before.

Disney has since installed signs at water's edge warning guests of alligators and snakes.

The resort previously had "No Swimming" signs that did not specifically mention alligators.



Lane Graves ORANGE COUNTY SHERIFF'S DEPARTMENT SOCIAL MEDIA HANDOUT

"Danger! Alligators and snakes in area," read the new signs, which feature diagrams of the two animals. "Stay away from the water. Do not feed the wildlife."

The new signs are fixed to wooden posts that hold up rope cordoning off the water.

An autopsy found drowning as the cause of death after the body was found intact underwater.

REUTERS

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# TREMORS

Both upheavals at home, abroad and even in the halls of power promise to make this week a wild one. Here are my three things to watch in politics.

## 1. GUN SHOW

Against the backdrop of another mass shooting, Congress will consider competing plans to reduce the violence. Four proposals have been forced to the floor by a Dem filibuster, but getting a vote and getting anything done are wildly different things. Capitol Hill statisticians say the odds are slim to none that anything substantial will be approved, and even if there is a win in the Senate it is likely to become a loss in the House. Who will be watching closely? Hillary Clinton. She berated Barack Obama in 2008 for supporting more gun control measures, but now she is convinced the issue will play in the fall — especially with her base.

## 2. SEARCHING FOR THE BREXIT

Every economy wonk in D.C. will have binoculars pointing across the Atlantic for the Brexit vote. If the Brits bail out of the European Union, shock waves may roll through international markets, and even Wall Street could get the

## TOM FOREMAN

### Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."



shakes. Some are tossing around the "R" word — as in localized or even global recession fears. It's all very complicated and hard to predict, but the potential impact is real with consequences for your



Hillary Clinton GETTY IMAGES

401K ... as if it hasn't taken enough of a beating.

## 3. TRUMP UNPLUGGED

Two weeks ago Republicans were beating the drum for everyone to get behind Donald Trump. Now their presumptive nominee is tumbling in the polls, and some big-name GOPers are acting like they're desperately trying to end a bad blind date. Any attempt to dump Trump at the convention will be wildly risky, but you can bet we'll hear a lot more talk about that this week. Furthermore, I suspect GOP leaders will be putting new emphasis on the fight to keep the House and Senate, just in case the Oval Office can't be wrestled from the Dems. Campaign slogan? How about "Two Out of Three Ain't Bad!"



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\*Open label study of 21 women over 56 days. Assessment of a functional food on the quality of the skin on a panel of volunteers. STUDY 14E3080. Centre de Recherches Biologiques et d'Experimentations Cutaneées. 16.1.2016. \*\* The Effects of a Dietary Supplement Containing Astaxanthin on Skin Condition. Eiji Yamashita, Life Science Division, Fuji Chemical Industry Co. Ltd., 55 Yokohonji, Kamiichi, Toyama 930-0397, Japan.

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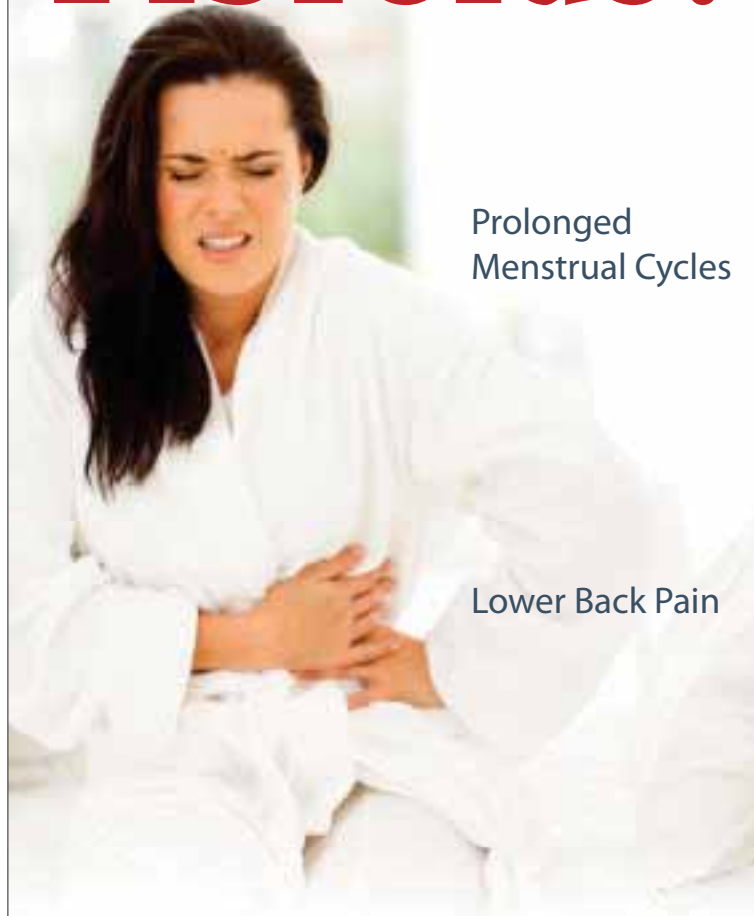
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- ☒ Pressure in your lower abdomen
- ☒ Pain during intercourse

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## Trump says US should consider racial profiling

Trump has drawn criticism from many Republicans for his comments on American Muslims after the Orlando attack, in which a U.S.-born Muslim man killed 49 people.

Republican Donald Trump said on Sunday the United States should consider more racial profiling in law enforcement, after urging harsher policies following last week's mass shooting in Orlando.

"I think profiling is something that we're going to have to start thinking about as a country," Trump said when asked on CBS whether he supported more profiling of Muslims in America.

"You look at Israel and you look at others, and they do it and they do it successfully. And you know, I hate the concept of profiling, but we have to start using common sense," he added.

Trump also reiterated his support for more scrutiny of mosques, saying that could resemble a controversial New York City surveillance program that has been shut down.

"If you go to France right now, they're doing it in France. In fact, in some instances they're closing down mosques."

Police in France closed some mosques shortly after gunmen



Donald Trump GETTY IMAGES

aligned with Islamic State militants killed 130 people in Paris in a series of attacks on Nov. 13.

The Orlando gunman, Omar Mateen, expressed support for Islamic State, but officials believe he was "self-radicalized."

Trump has drawn criticism from many in his Republican Party for

calling for a temporary ban on Muslims entering the United States. He also has called for a suspension of immigration from countries with "a proven history of terrorism."

Hillary Clinton, the presumptive Democratic nominee, has said the comments show Trump is unfit to be president.

REUTERS

## DOES IT FEEL LIKE YOU JUST CAN'T FOCUS?

- ☐ Do you get distracted easily?
- ☐ Have difficulty paying attention?
- ☐ Feel overly forgetful or disorganized?

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# Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

## Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By **Matt Edgar**

*America's Health Writer*

**New York City** - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

*"We all know that countless lives are being saved every year because of early detection and better treatment"* noted the clinic director at the **NY Pain MD** in New York City. *"The same holds true for treating arthritis pain. I believe we are having so much success at NY Pain MD because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possible."*

**What is the "correct treatment?"**

*"That depends,"* said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology*.

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.



**Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.**

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at **NY Pain MD** use advanced imaging technology to apply *Precision Arthritis Targeting* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Precision Arthritis Targeting Technology and did not get good results - this may be why.

*"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are to not wait, get a good evaluation from an expert and make sure precision arthritis targeting is used to make sure you have the best chance for success."*



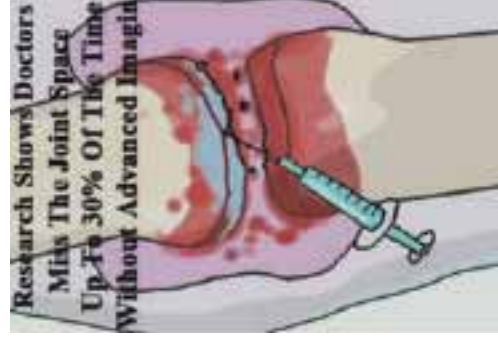
**Everyone Wants Proof:** In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



**Pain** - The red is a knee joint with painful osteoarthritis. With progressive "drying out", arthritis causes the joint space to decrease and an array of symptoms which may include grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



**Successful Treatment** - Treatment (blue) being applied directly into the knee joint using Precision Arthritis Targeting Technology. Advanced imaging allows treatments to be as precise as possible. Viscosupplementation can lubricate the joint and decrease pain.



**Failed Treatment** - the medicine misses the joint space. Research shows this occurs up to 30% of the time without the use of Precision Arthritis Targeting Technology to guide the injection. This is why prior treatment may not have worked for you.



# Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

*Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them*

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to **NY Pain MD** New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

## Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up. This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

## Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil.' It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

## Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

## Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

*"We have been able to help so many knee pain sufferers - even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use **"Precision Arthritis Targeting Technology"**. This allows us to place the Viscosupplementation exactly where it needs to be.*

*Studies show doctors doing joint injections without technology can miss the joint up to 30% of the time."* noted the Director of Center

**NY Pain MD** is a state of the art medical facility offering only the best technology.

**And that's not all :**

*"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back...*

*going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries."* added the director.

## How To Find Out If It Can Help You?

If you have knee pain, the **NY Pain MD** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology*.

## Many Insurance Plans Participate:

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**Advanced Medical Technology Can Make All The Difference:** This advanced **Precision Arthritis Targeting Technology** using fluoroscopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes **EXACTLY** where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason **Viscosupplementation** may not have worked for you in the past. **NY Pain MD** uses this **P.A.T. Imaging Technology**, with each and every treatment.

## Are You Qualified For Knee Arthritis Screening With **NY Pain MD**?

- ▶ **Do you have pain and osteoarthritis (arthritis) of the knee?**
- ▶ **Have you tried other treatments such as NSAIDS and other anti-inflammatory medications without success?**
- ▶ **Have you already tried viscosupplementation (Hyalgan, Supartz, Synvisc) without satisfactory results?**

**All you have to do is call 800-227-KNEE (5633)**

right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at **NY Pain MD** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

## And here's something really important -

Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

Call: 8 0 0 2 2 7 K N E E

**If you answered yes to any of these questions**  
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ALL PHOTOS GETTY IMAGES

## Justin Bieber falls through hole in stage during concert

Don't you hate it when you're minding your own business, adjusting your pants, when all of a sudden you fall through a trap door?

That's exactly what happened to Justin Bieber, who took a pretty nasty fall in the middle of his concert last week. In what is

likely the most talked-about event in the history of Saskatoon, Canada, the 22-year-old singer was absentmindedly walking down the stage while adjusting his ensemble when he tumbled through a hole at the end of the platform.

Don't worry, Bel-

blers — the Canadian pop star is totally fine. He even poked some fun at the incident, later tweeting a clip of the fall with the caption: "I'm a cat. I got 9 lives. Lol"

It looks like someone took the phrase "break a leg" a little too literally.

## T.I.'s stepdaughter arrested for gun possession

If we ever got arrested, we can only hope that our mugshots look as good as Zonniqe Pullins'.

Pullins, who is the stepdaughter of rapper T.I. and a former member of the girl group OMG Girlz, was arrested at an Atlanta airport for allegedly trying to bring a gun through airport security.

According to a police report obtained by People, the 20-year-old was arrested and charged for attempting to get through a security checkpoint at Hartsfield-Jackson International Airport with a .380 Ruger semi-automatic pistol in her purse. She was released early Friday morning.

Last month, a shooting that took place at T.I.'s rap concert in New York City left one person killed and three others wounded.



Though neither T.I. nor Harris have commented on the arrest, Pullins' cousin, Tamara Whitaker, took to Instagram to issue her own statement about the incident. She posted a photo of Pullins' mugshot, alongside a caption explaining the arrest and relating it to the shooting of Christina Grimmie.

"With the late shootings and death of a pop star all in Orlando just this week, I think it's very appropriate that she carries a gun just not to the airport maybe lol," Whitaker wrote. "Her mugshot is still cute as hell lol," she added.

Well, at least she got a cute mugshot out of it, right?



## Nick Cannon raps about divorce woes

Nick Cannon has released a new freestyle track called "Divorce Papers," firing back at the recent drama surrounding his divorce from singer Mariah Carey.

Earlier this month, TMZ reported that the 35-year-old rapper has "repeatedly declined to sign the papers that would make the divorce final," even though the two have been separated since

2014. There has been some speculation that Cannon is trying to delay Carey's marriage to her new fiancé, Australian businessman James Packer.

The four-minute freestyle is a pretty emotional rant about the struggles of divorce, particularly the toll it's taken on their 5-year-old twins, Monroe and Moroccan. In a statement posted to Karen

Civil, he explains that the purpose of releasing the track was to express his frustrations with the media and "clear the air and set the record straight once and for all."

With any luck, Cannon's ex might be getting the papers she's looking for very soon — he closes out the rap with the line, "Man, f— it, I'll sign these papers."



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# The buzziest books of the summer

Pack these in your beach bags — you won't regret it.

Summer reads are like an exotic vacation, without the baggage. They allow you to escape to a glamorous locale, indulge in a devious love triangle and gasp at juicy plot twists without leaving your beach chair. We rounded up some of the most exciting titles of the season.

Emotional roller coaster

## "One True Loves" by Taylor Jenkins Reid

Talk about intense. Emma Blair finds herself stuck

between two choices: her husband, who was presumed dead, and her new fiancé. The heart-wrenching, head-spinning love triangle is sure to keep the pages turning.

Dysfunctional family drama

## "Sons and Daughters of Ease" by Ramona Ausubel

## and Plenty" by Ramona Ausubel

This is no "Home Alone." Fern and Edger, a wealthy couple in 1976, find out they're trust-fund bankroll has come to an end. To escape their new broke reality, both — thinking the other is home with their three young kids — go on trips with their lovers. What comes

next is an insightful look on class, money and family values in America, lightened up with a sweet dose of magic.

Thrills and chills

## "The Girls" by Emma Cline

Emma Cline's debut thriller had literary circles buzzing well before its publication, so expect to see it everywhere — from the subway to the beach and beyond — this summer. At the end of the '60s, lonely 14-year-old Evie finds the connection she hungers for in a group of freewheeling older girls she meets in a Northern California park. But when she meets Russell, the girls' charismatic, Charles Manson-like

leader, Evie discovers there's a dark side to this utopia.

When hipsters age

## "Modern Lovers" by Emma Straub

Emma Straub's "Modern Lovers" uses gentrifying Brooklyn as the backdrop for a nostalgia-tinged tale that follows two couples on the cusp of 50 — Andrew and Elizabeth, Jane and Zoe — from their halcyon college days as almost-rockstars to their muddled middle-aged lives. Ennui and uncertainty push one toward a kombucha-swilling yoga studio/cult, and another hurtling toward a breakdown. When their teenage children start having sex, the longtime friends are

forced to reckon with both the perils of aging and the follies of their youth.

Other side of paradise

## "Here Comes the Sun" by Nicole Dennis-Benn

Nicole Dennis-Benn transports readers to tropical Jamaica in "Here Comes the Sun" — but it's not all sunny paradise. Through the eyes of three women — a hustler, a dreamer and a ruthless mom — the author shines a light on her complex hometown where poverty, classism, sexual freedom and opportunity are just some of the struggles.



## New Affordable Condominiums for Sale at 2040 Frederick Douglass Blvd

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**Crescent 110 Equities LLC**, is pleased to announce that applications are now being accepted for 10 affordable new condominiums now under construction at **2040 Frederick Douglass Blvd** in the **Harlem** section of Manhattan. This building is approved to receive a Tax Exemption through the 421-a Program of the New York City Department of Housing Preservation and Development. The amenities will include a uniformed lobby attendant, laundry facilities, recreation space, intercom, pre-wiring for a telecommunications system, individual temperature control for each condominium unit, and outdoor and indoor recreation space.

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1 Bedroom	3	One	1	\$45,600	\$84,938.00	\$276,248
			2	\$45,600	\$84,938.00	\$276,248
2 Bedrooms	5	Two	2	\$62,400	\$101,925.00	\$364,260 - \$381,105
			3	\$62,400	\$101,925.00	\$364,260 - \$381,105
			4	\$62,400	\$101,925.00	\$364,260 - \$381,105

\* Subject to occupancy Criteria \*\* Income guidelines subject to change

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Female friendships are complicated. But somehow Rumaan Alam — a man — nails the tension, envy and intense love in this irresistible debut. Sarah and Lauren have been besties since middle school but now that the two are navigating their 20s in bustling NYC, something’s changed. Do they even like each other? Things come to a head during

a bachelorette get-away. Will their friendship survive?

**Welcome to the urban jungle**

**“Sweetbitter” by Stephanie Danler**

Stephanie Danler’s “Sweetbitter” chronicles Tess’ transition from provincial greenhorn to street-smart city denizen. In a year working at an “it” eatery, Tess learns about fine wine and

exquisite cuisine — but she also gets a first-class education in the city’s social strata, drugs, relationships and heartbreak.

**Gripping historical fiction**

**“Homegoing” by Yaa Gyasi**

In her impressive debut novel, Yaa Gyasi (a mere 26 years old herself) deftly weaves the stories of Ghanaian half-sisters who have never met in alternating chapters:

Effia, married off to a Brit to a life of comfort, and Esi, sold and sent to America as a slave. The shameful legacy of slavery on both Africa and America is examined in stories of the women’s descendants, from the 18th century through the present day.

**For a shocking plot twist**

**“Siracusa” by Delia Ephron**

Spoiler alert! But not

really. Even though you now know there’s a plot twist in “Siracusa” that will knock you out of your beach chair, you can’t even begin to guess what it will be. Two married couples who share a complicated, hidden past decide to go on vacation to the small island of Siracusa, where secrets are revealed and relationships are tested.

**For a “Life’s gonna be OK” memoir**

**“You’ll Grow Out of It” by Jessi Klein**

“Inside Amy Schumer” head writer Jessi Klein chronicles her life in a series of raw, relatable and hilarious essays. Her stories include struggles with conforming to society’s standards of femininity and past relationships gone wrong. Get ready to laugh out loud and be pleasantly surprised at how much you have in common.

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Did you meet IRL? Get that conversation flowing to make sure your compatibility is in sync. iSTOCK

# How to plan a first date (based on how you met)

**LAURIE DAVIS EDWARDS**

*Single and Swiping*

Laurie Davis Edwards is the founder of eFlirt, an online dating concierge service, and the best-selling author of "Love @ First Click: The Ultimate Guide to Online Dating."



Twenty years ago, the methods of meeting a mate were simpler. You met in school, at the local hangout or were introduced through friends. Today, our access to dates has expanded and, with that, so have the modes of meeting. You could meet your next relationship in person, on the web or on an app. "Putting yourself out there" means being active in nearly all of these ways at once, but your approach to your first date needs to shift based on how you connected. Here's how:

**When you meet IRL**, you lead with chemistry. In those 10 or 15 minutes you spend flirting at a bar or an event, nonverbal communication speaks loudest. You leave knowing you're physically attracted to each other and have great chemistry, but in that short conversation, compatibility is still unknown. You go on a date to see if it exists. Do your values and common interests sync?

**When you meet on a dating site**, you lead with compatibility. Their profile explains their interests and values, like what religion they practice or their opinion on children. You know there's attraction via photos too, but you don't know if you have chemistry, so you go on a date to explore. Do you two have that je ne sais quoi?

**When you meet on a dating app**, you lead with attrac-

tion. You've seen each other's photos and swiped right, but you're missing two important elements: chemistry and compatibility. Your date needs to take meeting on an app a step further because you also need to determine if you are compatible in values and interests. Both questions from above should be answered on one date.

Regardless of where you meet, consider reframing "first date" as "meet up." It takes the pressure off, and reminds you to enjoy some sparks while waiting for fireworks.

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Productivity tools have given us more time — but we're wasting it.

ALIZAH SALARIO  
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Last June, "Shark Tank" champion and Tower Paddle Boards CEO Stephan Aarstol tried an experiment. He instituted a five-hour workday for all employees for the entire summer, beginning at 8:00 a.m. and ending at 1:00 p.m. The catch? Productivity had to remain steady. If employees couldn't hack it, they'd be fired.

It worked. Aarstol's employees were more productive — and they had more free time. Now Tower Paddle Boards has a permanent five-hour workday (salaries remain the same, if not higher).

Skeptical it could work for you? So were we, but Aarstol makes a compelling case for a shorter workday in his new book, "The Five Hour Workday: Live Differently, Unlock Productivity, and Find Happiness" (out July 15). Here, he explains why streamlining the workday distractions is good for personal balance — and the bottom line.

### The eight-hour workday is out-dated

When Aarstol began researching the origins of our standard eight hour workday, he realized "it was basically invented by Henry Ford in 1914 for factory workers. Because of the assembly line, productivity went way up." Workers went 10-16 to eight hour days.

The Digital Revolution created another productivity sea change, says Aarstol. "As a knowledge worker, I'm just so much more productive today than knowledge workers were 100 years ago."

### We don't always work at work

Despite a standard eight hour workday, we're generally working two to three of those hours, says Aarstol. "Productivity tools [email, smartphones, etc.] have allowed us to be really produc-

tive, and they've allowed us to waste a lot of time. So we've sort of trained the workforce to become very lazy."

### Productivity goes beyond work

"With their time back, [employees] can pursue their passions, if they're community volunteers

they can do a lot more stuff like that, which is productivity too, that we don't really measure in the U.S. right now," says Aarstol, noting that in a era of abundance, time can be more valuable than money.

### Our workday is killing us, literally

Says Aarstol, "In the

early 1900s, people were dying on factory floors because they were being overworked. Today, the same thing is happening.

"You see it with prescription medication abuse, you've got drug abuse, you've got obesity, you've got heart disease. A lot of this is from basically working too much."

### Shorter workdays, savvy companies

Aarstol says shorter workdays are also a retention strategy. "Companies like mine are going to give workers a better deal, and we're going to steal all the good workers"

If this appeals, Aarstol suggests giving your boss a copy of his book.

# The case for the five-hour workday

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# The simple secret to

In his new book, creative director Ken Segall explains why simplicity sells.



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Can an iPhone be an allegory for career success?

Ken Segall, Steve Jobs' renowned advertising director and the creative force behind Apple's iconic "Think different" campaign, believes so. In his new book, "Think Simple: How Smart Leaders Defeat Complexity," Segall delves into what makes simplicity so powerful in the business world.

We spoke with Segall about how to distill an idea down to its essence, and why you don't need to be the next Steve Jobs — or even an entrepreneur — for his message to matter. You just need to



Apple's "Think different" ads, with icons like John Lennon and Yoko Ono, helped turn the company's fortunes around. GETTY IMAGES

be, well, the next you.

**You wrote about how Apple's mission statement, "enrich lives," was key to its success. What's your take on personal mission statements?**

A lot of people make things far more difficult than they need to be. I think people and businesses have a tendency to be so thorough and analyze and overanalyze that they sort of lose sight of the simplicity that is there for them to take hold of and succeed with.

So I think in one's personal life, it can help to have a mission, and stay true to that. Because we may get offers along the way that aren't things we want to do, but we may get tempted by the money.

Right before I became a writer — I was just a production guy at the time — one of the creative directors gave me advice that stuck with me forever. It was, "Only work at great places, only work on great accounts, do not worry about the money and everything will fall into place for you."

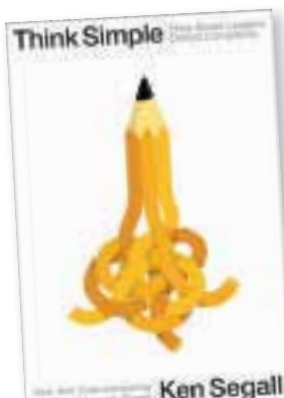
**"Think different" was so effective. But it's deceptively simple. How did you know it would work?**

I didn't come up with the words "Think different." That was an art director by the name of Craig Tanimoto. But it was all really just searching for that theme that would capture

what Apple is about, because in those days, Apple was near bankruptcy and it was very tough times. We didn't have any new computers to sell, so it was more about telling the world that Apple was alive and well, Steve Jobs was back and things were going to change. We just tried to capture the spirit of the company.

I think the reason "Think different" works so well is because it described Apple all the way back to the days in Steve Jobs' father's garage. It was always about thinking different, and it continues to be. So it was very authentic. You can be simple about many things, but if you're being simple about something that you are authentically, it's that much more powerful.

**True, all the CEOs you wrote about had a genuine sense of purpose. It's easy, in retrospect, to say they were visionaries and success was in the bag. But it's a different story**



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# Apple's success



They have the product, but they also have an outlook — making the world a better place, taking stands on social issues. So when you think of Ben & Jerry's, you think of all those things.

**What did you learn from Steve about simplicity?**

One of the reasons I try to psychoanalyze [Jobs] is he was basically his own boss at a very young age, he didn't really know any limitations. In my later years, if he wanted something, and I told him it couldn't happen, he didn't really accept that. If it came down to it, he'd say, "Well, if you can't do that I'll find someone who will."

**So Steve really pushed you?**

Yeah, he got people to perform beyond their own expectations, which is what a great leader would do.

**What else should people know about the power of simplicity?**

[In advertising] I was led to believe you need to create a well-balanced portfolio. [But] I think too many people try to be everything. One of the warnings I received was that I'd be typecast as a technology guy, and I said, "Well, I want to be typecast as a technology guy." So I thought, "That's my passion, why would I want to hide it among 10 other types of ads?" If you have that passion, then a company that has that kind of need will respond more positively to you.

**when you still have to prove yourself.**

If you look at the people who have really succeeded on very a high level, they're the people who created a culture at their companies and had that sense of purpose. I think it was striking to me, doing the research for the book, how many people played back a similar story.

The one I'm writing an article about right now is Ben & Jerry's. It's a good example for me because I always liked their ice cream. Their thing is all about values — about having a social conscience. Other companies make the same product, and don't have those values. I guess that's my point. That's what makes the company unique.



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# Giants linebacker Robinson should give defense a boost

The Giants will count on Keenan Robinson to be a linebacker of all trades.

TONY WILLIAMS  
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Much has been made about the Giants' free-agent splurging on the defensive line and secondary, but there was also a position that was in great need of an upgrade of which Big Blue thinks it got a bargain-basement deal.

Linebacker Keenan Robinson isn't a household name, but the former Washington Redskin could end up being a valuable addition. The five-year vet spent his first four seasons playing for an NFC East rival, but from afar, he admitted that he always appreciated how the Giants operated.

He especially likes playing on this revamped and pricey defense. And with mandatory minicamp starting this week, and Robinson getting more acclimated by the day, he feels he can be of great assistance and fly under the radar.

"I like where things are going, especially on the defensive side of the ball. The investments they've made to help build this defense up is great," he said.

He noted how well the Giants restocked its defense, rattling off the new faces and holdovers who will do their best to keep him clean and unoccupied en route to the ball carriers.

"Every team at the end of every offseason has goals that they have in mind, and obviously this team's was to build up that defense to the caliber of football that they've been used to from winning those past two Super Bowls a few years back," Robinson said. "Looking at guys in front of you and knowing that they're going to do their job and they're going to do it very well is great. But for us

[linebackers] we still have to do our jobs well – to clean up the scraps and try to make big plays ... That's why they brought all of us in, just to be able to make plays on that side of the ball."

That side of the ball was of great consternation for the Giants, last season. The linebackers, particularly, were the butt of many jokes and were as big a scapegoat as the offensive line for the team's failures. They allowed 27.6 points per game, and were the worst pass defense in the league.

Robinson said he knows he can not only play the run well, but believes he was also brought in to slow down the passing game – specifically with running backs coming out of the backfield.

Relative afterthoughts like Lance Dunbar of the Dallas Cowboys (eight catches for 70 yards in Week 1), Chris Thompson of Washington (eight catches for 57 yards and a touchdown in Week 3), and Bilal Powell of the Jets (eight catches for 91 yards and a touchdown in Week 13) were examples of New York linebackers not being good enough in pass defense.

While the Giants hope they fixed that glaring hole, Robinson knows they did.

"I believe I can [cover backs out of the backfield]. I pride myself on being a well-rounded football player," Robinson said, adding he's been given a crash course by defensive coordinator Steve Spagnuolo in mastering multiple linebacker positions. "It's the same defensive coordinator and same defensive coaches, so it's kind of like they're picking up from where they left off last year. So, I just try to pick up the defense as I go. Every day I learn something new ... They've got me playing multiple positions right now. I've been playing Will [weakside linebacker] and Mike [middle]. In Washington they ran a



The Giants had some issues at linebacker last season but hope they've strengthened the position with, among other players, former Redskin Keenan Robinson. GETTY IMAGES

3-4 [three linemen and four linebackers] and here it's a 4-3 [four linemen and three linebackers]. But for me, it's natural. I've done both and I'm very flexible in that way. I expect to be able to make calls as a Mike, and be able to take control, take command. They're trying to transition me to more of a Mike that knows all positions, so that way

I can help the team as much as I can."

At a cap-friendly deal of \$2.6 million for just one year, the Giants are hoping the addition of Robinson is every bit as profitable as the ones defensive end Olivier Vernon (\$13 million cap hit), cornerback Janoris Jenkins (\$8 million), and nose tackle Damon Harrison (\$6.6 million) signed.

## Big Blue notes

- Victor Cruz made his return to the practice field for the first time in eight months, and appeared none worse for the wear: "I feel good. We're right at that turning point ... which is why I'm pushing the issue every day. I trust my body. I want to put

it all on the field, so I'm ready and a full-go [by training camp]."

- The Giants and Jets have informed the NFL that they are interested in hosting another Super Bowl at MetLife Stadium when the showcase games are awarded in 2018.

## Copa America: Things could get Messi for USA



The United States is seeking a berth to the Copa America Finals, but will have a true tough test as a big underdog against Argentina on Tuesday. The match, which begins at 9 p.m. and airs on Fox Sports 1, will star Lionel Messi for the Argentines and takes place in Texas at NRG Stadium. Argentina is ranked No. 1 in the world while Team USA is 29th. GETTY IMAGES



# KNICKS DO NOT NEED TO ADD A FALLING STAR LIKE DERRICK ROSE

## OPINION



**MARC MALUSIS**  
@marcmalusis

So the report came out on Friday that the Knicks were interested in trading for Bulls guard Derrick Rose. Great! I say that with a tad bit of sarcasm because Rose is yet another example of a player who you are going to bring to New York whose best days as a player are behind him.

Keep in mind that in the last four years, he has played in just 50 percent of the Bulls games because of injuries, which included two knee surgeries. Yes, at one point in time, Rose was an MVP in this league. He was a dynamic lead guard that would attack the rim with reckless abandon. In fact, he was the youngest MVP in the history of the NBA when he

won the award in 2011 at just age 22. In that year, he averaged 25 points per game and shot nearly 45 percent from the floor.

This past season, under an offensive-minded head coach, he averaged 16 points per game and shot 43 percent from the floor. He shot just 29 percent from the 3-point line. His game has regressed and declines with each and every injury. Is this the type of player that you really want to gamble on?

I will put it to you this way: If his game was back and there were no concerns moving forward, then why would the Bulls potentially be interested in moving him?

Hopefully the Knicks do not fall into the trap of bringing in a player whose star is on the decline and not the rise. He is a big name and the Knicks can certainly use help at the guard position, but as you flush out the potential acquisition, it makes less



One-time NBA MVP Derrick Rose has had a cavalcade of injury woes in recent seasons. GETTY IMAGES

and less sense.

The other issue the Knicks have is what would they exactly give up in order to acquire Rose. What value are the Bulls placing on Rose? Do they view him as a

former MVP who is in the prime of his career or a player whose game now doesn't resemble the one that won the MVP in 2011. I am not interested in trading any future No. 1 picks and Porzingis is a non-

starter. That brings us to Carmelo Anthony. If Anthony did not want to go to Chicago, for less money, to play with Rose a few summers ago, than why would he waive his no-trade clause to go there now.

The Bulls do not bring him closer to winning an NBA championship. You could make the argument that the Bulls window has no doubt closed and might actually be a worse situation than the Knicks moving forward.

So, with all the being said, it does not seem all the feasible for the Knicks to trade for Derrick Rose and even if it was, I do not think they should. He is a star, by name only. At one point, you thought he was the future of this league until injuries ravaged his game. You would be trading for the player that he is and not what he was. The Bulls know that and the Knicks should too. You can have the internal discussions all you want, I just hope these talks did not last all that long.

Don't fall for the trap that another man's trash is your treasure. The Knicks in the past would fall for that trap, hopefully Phil Jackson is as smart as he tells us he is.

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**NOTICE OF FORMATION** of RIBO PROPERTY LLC. Articles of Organization filed with the Secy. of State of New York (SSNY) on 04/26/2014. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 19 Howard Street, New York, NY 10013. Purpose: any lawful activity.

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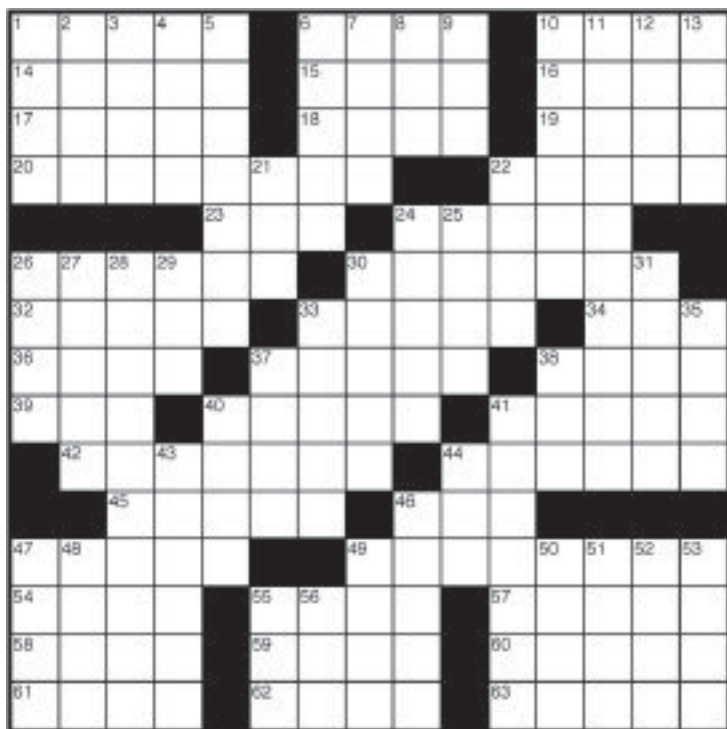
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## metro.us/crossword



### Across

- 1 Kind of toast
- 6 Price tag
- 10 Iridescent gem
- 14 Jump for joy
- 15 Nonstop
- 16 Painted tinware
- 17 Doctrine
- 18 In — of
- 19 Pays with plastic
- 20 Put into motion
- 22 Prospectors' dreams
- 23 Pipe bowl, maybe
- 24 Sugarbush tree
- 26 Honda rival
- 30 Divas and birds
- 32 Keep occupied
- 33 Alaska's first capital
- 34 Indy area
- 36 Sanskrit dialect
- 37 "M\*A\*S\*H" site
- 38 Gruff
- 39 Yon maiden
- 40 Farm machine
- 41 Biathlon weapon
- 42 Alter a dress
- 44 Make the ears ring
- 45 Hurons' kin
- 46 Item for Parton
- 47 A U you know
- 49 Parson
- 54 Staff member
- 55 Natural impulse

## metro.us /games

- 57 Lettuce
- 58 Smirk's kin
- 59 Planet half the size of Earth
- 60 Call for takeout (2 wds.)
- 61 Vortex
- 62 Ant at a picnic
- 63 Command to Fido

### Down

- 1 Physics starter
- 2 Suit, briefly
- 3 Fontanne's husband
- 4 Roquefort hue
- 5 Embassy staffer
- 6 "People" person
- 7 Classical poet
- 8 Date regularly
- 9 Play about Capote

- 10 Filmdom's T.E. Lawrence
- 11 Compact "must" (2 wds.)
- 12 Toward shelter
- 13 More or —
- 21 Cooked — — turn
- 22 Links org.
- 24 Carpentry joint
- 25 "Diana" composer
- 26 Shri! barks
- 27 Delhi nannies
- 28 Tough to budge
- 29 So far — — know
- 30 Alarm
- 31 Edge past
- 33 Repairs a pump
- 35 Numerical suffix
- 37 Petruchio's shrew
- 38 Estuary
- 40 Plankton
- 41 Juntas
- 43 Mean and nasty
- 44 Loud clamor
- 46 Farrow "sister"
- 47 Story
- 48 Went hotfoot
- 49 Bosses, briefly
- 50 Daytime drama
- 51 Carryall
- 52 Mr. Kazan
- 53 Foul-smelling
- 55 Game official
- 56 "Norma —"

## metro.us/sudoku

easy

2	9	7	1				
		6	8			7	
1		4	6				
5	3	1	7				
9			2				7
				3	9	5	6
			5		7		9
	2		3		1		
				2	8	4	3

hard

		7					6
5	6		9				8
9	4		1		2	7	
		2			7	6	
	9					4	
	3	4		9			
7	9		1		5	8	
	5		8		1	7	
6				3			

## metro.us/horoscopes



**Aries** Learn, gather experience and be a participant. The input you offer will make an impression and help you gain ground professionally as well as bring about positive change personally.



**Taurus** Experience is the greatest way to learn. Get involved in cultural events, different philosophies or an entertaining social group in order to make new friends and learn something new.



**Gemini** Financial improvements will come through a partnership or changes on the home front. You will find a way to cut your overhead and get the most for your dollar.



**Cancer** Preparation is critical before you start new projects at home or work. An interesting offer will grab your attention. Adapt your schedule to take advantage of what's being offered.



**Leo** If you show off, someone will be quick to put you down. Make subtle changes that will help you get ahead. Don't let uncertainty lead to a costly mistake.



**Virgo** Physical activity will help you blow off steam. If you feel someone isn't being sincere, give yourself time and space to assess the situation. Build confidence and boost your morale.



**Libra** Someone with talents similar to yours will recognize your potential. Share ideas, form a partnership and set a budget. Don't let your emotions get in the way of a good deal.



**Scorpio** Pump up your energy and enthusiasm, and put your plans into motion. Your imagination and drive will ensure that you come up with a great money-making plan.



**Sagittarius** Bide your time, listen carefully to what's being said and weed out any information you feel is inconsistent or based on false data. Don't divulge your financial situation.



**Capricorn** Emotions will surface if someone disrupts your plans. Move forward swiftly, with or without the person causing you grief. Success will be yours if you follow through on your ideas.



**Aquarius** Carefully decide where you want to spend your time and money. Making changes at home or to your professional goals will be rewarding, but not likely to please everyone.



**Pisces** Put more emphasis on your personal and financial well-being. Helping others will keep you too busy to worry about situations you have no control over. **EUGENIA LAST**

### Yesterday's answers



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